



# THE SENTINEL

*"One Team...One Voice"*

A MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

**APRIL 2005**

## Hollywood Comes to Selfridge

By Tracy Hankins, MWR Marketing Assistant

Mulligan's was filled to capacity with fans eagerly waiting to meet Hollywood actor Matthew McConaughey, whose movie credits include *A Time to Kill*, *Contact*, *The Wedding Planner*, and his soon to be released movie, *Sahara*, co-starring Penelope Cruz and Steve Zahn.

Mr. McConaughey is on a six-week, 3,000 mile road trip promoting his new movie. Selfridge was one of five Military installations he chose to stop and visit during this tour. The Airstream trailer belongs to him and he often travels in it, so he came up with the idea to wrap it in the Sahara movie theme and drive across America to get the word out about his new movie. It was his idea to visit military installations because he felt the men and women of the Armed Services represent what America is all about.

Unlike other Hollywood meet and greets where the actor would sit at a table and fans would stand in a line that would wrap around the building, Mr. McConaughey chose to walk through the crowded room, talking with the service members and their families while posing for pictures and signing autographs. He also gave out hats and t-shirts as well as movie passes for a local premier of his new movie. True to his reputation, he was very patient with everyone as he took his time walking through the crowded room. At the end of the visit, LTC Kevin Austin, Commander, U.S. Garrison-Michigan, presented Mr. McConaughey with a traditional coin along with words of gratitude for taking the time to visit Selfridge. Mr. McConaughey took a few moments to offer his thanks for the job that the men and women of the armed

forces perform for their country.

The movie is based on the novel by Clive Cussler. In *Sahara*, master explorer Dirk Pitt (Matthew McConaughey) takes on the adventure of his life when he

(Article continues on page 2)



Movie star Matthew McConaughey poses with SGM David Austin, left, and LTC Kevin Austin before his "meet & greet" session.

## County Artist Raymond Harris Visits Selfridge

By Janet Larson, AAFES Public Affairs

Selfridge ANGB Exchange was proud to sponsor Country Western Artist Raymond Harris at the Exchange. Mr. Harris autographed copies of his current CD, *Hurt by the Best*, and talked with the customers and service men and women who stopped by. Mr. Harris dropped in at Reggie's Pub with LTC Austin, Garrison Commander, shaking hands and thanking military members for their service. Mr. Harris enjoyed a tour of the F-16 hangar with Lt. Col. Theisen, 127th Wing Maintenance Group Commander and toured the Dining Facility. Mr. Harris is currently on a tour of military bases to show his support for

the men, women, and family members of the U.S. Armed Forces. Mr. Harris thoroughly enjoyed his visit and promised a return visit to Selfridge in the future.



Country Music Artist Raymond Harris poses with military members of Selfridge during his recent visit.



Matthew McConaughey meets with some of his many fans who welcomed him at Mulligan's on March 8.

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# Protect Your Identity and Stop a Thief Dead in His Tracks

By Maurice Spaulding, Directorate, Plans, Training, Mobilization and Security

Identity (ID) Theft occurs when someone appropriates your personally identifying information (i.e. SSN, credit card or ATM pin number) to commit fraud or theft. ID Theft is a serious crime that can be financially devastating for its victims. People whose identity have been stolen often spend long periods of time recovering from debt, resulting in damage to their lifelong effort to build and maintain a good credit rating. Victims may also lose their job, security clearance, be refused loans, education opportunities, housing, cars, or even be arrested for crimes they didn't commit. According to a 2003 survey conducted by the Federal Trade Commission (FTC), an estimated 27 million Americans have been victims of ID Theft in the last five years, with nearly 10 million in the last year alone. In Michigan, the FTC recorded 6,566 cases in 2003,

with 3,963 occurrences in the Detroit area.

Identity thieves can get your personal information by stealing your wallet or purse, photographing your pin number or looking over your shoulder at an ATM, completing a 'change of address form' without your knowledge, rummaging through your trash at home or at a business, or using your personal information found on the Internet. Once identity thieves get your personal information, they can use it to call your credit card issuer and change the mailing address of the card, open a new credit card account or bank account in your name, file for bankruptcy under your name to avoid paying off debts they've incurred, counterfeit checks or drain your bank accounts.

How can you prevent ID Theft from happening to you? Don't give out personal

information on the phone, through the mail or over the Internet unless you're sure you know with whom you are dealing. Don't carry your SSN card in your wallet and only carry the identification information and the number of credit and debit cards that you actually need. Guard your mail and trash from theft, and use a cross-cut shredder, versus a strip shredder, to destroy confidential account numbers and personal information. A cross-cut shredder cuts horizontally and vertically to turn your personal information into little pieces of confetti, whereas a strip shredder just cuts paper into long strips that a thief can easily put back together. Some shredders even have a special slot to destroy credit cards. In addition, promptly remove mail from your mailbox and safeguard computer passwords that will allow access to financial and personal computer information. Also if you ever make purchases with credit or debit cards, get in the habit of using your hand to cover your card so an ID thief does not have the opportunity to take a photograph of your card. Given the current proliferation of cell phones with cameras installed, it is very easy for an ID thief to take a photo of an unsuspecting customer's credit card. The thief could then leave the business and make purchases over the phone or on-line, or even empty the victim's bank account, before the credit/debit card holder makes it home.

As with any crime, you can't guarantee that you will never be a victim, but you can minimize your risk by being diligent and cautious. By managing your personal information wisely, and with an awareness of the issue, you can help guard against ID Theft. Making a conscientious effort to safeguard your personal information is the first step in taking an active role in protecting your personal information. To learn more about ID Theft and how to deal with its consequences, visit: [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft) or [www.ftc.gov/bcp/online/pubs/credit/idtheft](http://www.ftc.gov/bcp/online/pubs/credit/idtheft) to read the booklet, *Take Charge: Fighting Back Against Identity Theft*, sponsored by the Federal Trade Commission.

## Hollywood Comes to Selfridge

(Article continues from page 1)

embarks on a treasure hunt through some of the most dangerous regions of West Africa. Searching for what locals call the "Ship of Death," a long lost Civil War

battleship which protects a secret cargo, Pitt and his wisecracking sidekick (Steve Zahn) use their wits and clever heroics to help Doctor Eva Rojas (Penelope Cruz).

### Base Chapel Services

**Catholic Mass:** Saturdays, 5 p.m.  
and Sundays, 8:30 a.m.

**Protestant Service:** Sundays, 10 a.m.

**Gospel Service:** Sundays, 12:15 p.m.

For more information,  
call (586) 307-4020/4761.

#### Ongoing Programs

**Club JV (6th-8th Grade)**

Mondays, 7:07 p.m.

**Women of the Chapel Bible Study**

Thursdays, 9:30-11:30 a.m.

**Men of the Chapel**

Fridays, 6:30-8 a.m.

**Club Beyond (High School)**

Thursdays, 7 p.m.



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\*APR=Annual Percentage Rate

# Army's Highest-Ranking Woman to Retire After Illustrious Career

*HQ AAFES Public Affairs News Release*

**DALLAS** – The Army's highest-ranking female officer, Major General Kathryn Frost, will retire April 30 after 31 years of military service. General Frost currently commands the Army & Air Force Exchange Service (AAFES), headquartered in Dallas, Tx. She is the first woman Chief Executive Officer of this \$8.3 billion global retail, food and services organization.

General Frost came to AAFES after a four-year assignment as the Adjutant General of the Army. In that job, the second oldest military position in the Army, she served simultaneously as the Commander of the U.S. Army Physical Disability Agency and as the Executive Director of the Military Postal Service Agency.

Following several years of civilian employment as a counselor and program director in the Army Continuing Education System, General Frost received a direct

commission in the Army in 1974. In her 31-year career, she has served in a variety of command and staff assignments in personnel, public affairs and legislative affairs. In addition to her most recent assignments, General Frost held positions as the Deputy Commander at AAFES from 1996-1998, Commander, Eastern Sector of the Military Entrance Processing Command; and Deputy Legislative Assistant to the Chairman of the Joint Chiefs of Staff. Other assignments posted General Frost in Berlin (twice) and Fort Benning and Fort McPherson, Ga. She also served as a White House Social Aide during the Reagan and George H. W. Bush administrations.

General Frost assumed command of AAFES in August 2002 and has led the organization during an unprecedented time. While focused on providing value, service and support to military commu-

nities around the world, she put top priority on the AAFES pledge to the troops, "We Go Where You Go," by quickly setting up retail facilities in Operation Iraqi Freedom.

Today, AAFES operates 31 stores in Iraq as well as 25 name brand fast food restaurants including Subway, Pizza Hut and Burger King facilities in Iraq. AAFES also manages 247 other stores and a myriad of services throughout the Operations Iraqi and Enduring Freedom theaters, stretching from republics of the former Soviet Union to the Horn of Africa.

During General Frost's tenure at AAFES, the organization received numerous accolades. In 2004, the National Retail Federation presented General Frost their American Spirit Award for AAFES' exceptional achievements in support of contingency operations. For the first time in its 109-year history, AAFES was also awarded the Army's Meritorious Unit Commendation for its rapid support to troops in Operation Iraqi Freedom.

General Frost is quick to remind the AAFES team, "It's not about the awards; it's about the smiles. AAFES goes where our troops go, because when we deliver U.S. brands and popular products – we're bringing a little bit of home to American heroes. It's the most important job we'll ever do."

General Frost's last day of duty as the AAFES Commander will be April 7, exactly 31 years from the day she started her Army tenure in the Women's Army Corps at Fort McClellan, Ala.

General Frost, a native of Latta, S.C., is a Phi Beta Kappa graduate of the University of South Carolina with a master's degree in Counseling from Wayne State University. She is a graduate of the Army War College and has earned numerous awards during her career to include the Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit, Defense Meritorious Service Medal, Army Meritorious Service Medal (seven awards), the Army Commendation Medal and the Army Occupation Medal. General Frost is married to Martin Frost, a former U.S. Representative from Texas.

## Military Spouse Magazine Available at Exchange

*Articles by Janet Larsen, AAFES Public Affairs*

The Selfridge Exchange has just received the March/April issue of **MILITARY SPOUSE** magazine. This magazine targets the Military Spouse community and has some very interesting and timely articles for military families. Some of the articles in this issue:

Toby Keith, courtesy of the USO

Taxes - Big breaks could mean big returns

Switching Gears - What's on his mind? A look at what to expect from your

mobilized spouse.

Quilt program provides huggable keepsakes

A look at the Hale Koa Hotel and vacationing in Hawaii

This would be a great resource for your families and I hope you take advantage of it. The magazine is listed at \$3.99 but sells for \$3.59 in the Main Exchange. For more information, you can contact [www.militaryspousemagazine.com](http://www.militaryspousemagazine.com).

## Exchange Gears Up for Spring

Your Selfridge BX /PX is bursting with spring news! Check out your Selfridge BX/PX for bargains in the Outdoor Living department where we stock all your garden and patio needs. View the latest in patio furniture and grills both in our store and in the Spring Catalog, now available.

April 27 is Administrative Professionals Day. A Cherished Rose florist, located in the lobby of the main exchange, is offering specials and ideas to thank the Administrative Assistant in your life for their hard work. Free Delivery to on-base locations is available. Call (586) 463-9374

information.

Don't forget to pamper your automobile after the long cold winter with the specials in our Car Care special flyer. Not only do we offer the best tire prices, but the service bay is open Tuesday through Saturday, 8 a.m.-4:30 p.m. for oil changes and battery and wiper replacement.

The Class VI store will raffle off an original Tiger Woods Golf Club in a display case, courtesy of Knob Creek, so make sure to get your name into the drawing. Your Selfridge Exchange is here to serve you and we appreciate your patronage.



## Local AAFES Employee Enjoys Her Six-month Stay in Iraq

By Janet Larson, AAFES Public Affairs

Patty Casey recently returned from a voluntary deployment with the Army & Air Force Exchange Service (AAFES) in support of Operations Iraqi Freedom and Enduring Freedom (OIF/OEF). Patty was station at Camp Taquaddum in Iraq, a Marine Base, where AAFES worked with the Marine Corps Exchange (MCX).

Patty arrived in Iraq in July 2004. During her six-month stay, she worked in the warehouse and storage yard, overseeing the 150 cargo trailers and other storage containers. She was also tasked with accountability of third-world country nationals, since many employees were from the Philippines, Bangladesh, India, Sri Lanka, Nepal, and Jordan. An unofficial task, but what she found most important, was the need to be supportive of the troops and a friend by listening to them. She was able to meet a lot of interesting people this way.

While working outdoors, Patty had to don a flak vest and Kevlar helmet just like the military personnel around her, and for good reason. There were dozens of instances

of incoming fire from Fallujah and the surrounding countryside, as the base was under attack many times.

Living in a desert area such as Iraq lends itself to weather much different from what Patty is used to here in Michigan. Daytime highs would get up to 50 or 60 degrees, but as soon as the sun went down, temperatures would plunge to freezing or lower.

Patty said she was able to see how unmaterialistic the Iraqis were, as they were so thankful for any little thing they had. The basics of electricity, water, and life are items that Westerners sometimes take for granted.

Patty received a lot of support from home. Her mom and boyfriend Paul took care of her two daughters, ages 9 and 12. Patty's family even purchased lots of phone cards so she could call home everyday and talk with her girls.

Even though Christmas was a workday in Iraq, she still held a Christmas party, celebrating the holiday with her AAFES and military friends.

Even with the possibility of losing her life in a foreign country at war, Patty said this was truly the adventure of a lifetime.

Now that she's home, she took a much needed vacation and has returned to work at the Selfridge Exchange. She is glad to be home and with her Selfridge AAFES family and is looking forward to additional responsibilities because of the knowledge that she gained while deployed. She feels that her experiences have given her a better understanding of the conflict in Iraq and Afghanistan and feels it was a great opportunity.



Patty Casey takes a break while working at Camp Taquaddam, Iraq.

## Just Say NO to Double Bagging and YES to Paper Bags

HQ DeCA Public Affairs Press Release

**Fort Lee, VA**-Shopping in the commissary can save military families 30 percent or more. Now, customers can help commissaries in the United States hold the line on supply costs if they "just say no" to double bagging and say "paper please" when they get to the register. With more than 92 million customer transactions per year, grocery bags cost commissaries nearly \$20 million annually. The cost of plastic bags has risen more than 30 percent in the last two years due to the rise in oil prices, which directly affects the cost of manufacturing plastic bags.

"Every extra dollar we spend on bags is a dollar we may not have for payroll or other commissary services," said Patrick B. Nixon, acting director and chief executive officer. "Customers can help the Defense Commissary Agency (DeCA) control costs by switching to paper bags and eliminating double bagging."

Baggers, who are not employees of DeCA, will be given fact sheets informing

them of the costs of double bagging and plastic to encourage them to participate in the effort to hold the line on rising costs. Statistics show that commissaries currently use 80 percent plastic to 20 percent paper. DeCA officials want to see those percentages reversed. "Several years ago the plastic was less expensive so we encouraged going with plastic bags," said Nixon. "Now paper is the more economical choice."

Customers who want plastic or double bags will be accommodated, but "we hope customers are interested in helping their commissary hold down costs," said Scott Simpson, chief operating officer for DeCA. "We hope when they get to the register they'll say 'no' to double bagging and 'yes, paper please' to their bagger."

The awareness campaign to encourage customers to switch to paper bags is only taking place in U.S. commissaries because the cost of shipping the much bulkier paper bags to Europe and the Far

East outweighs any savings obtained by switching to paper. The campaign to reduce double bagging is worldwide.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices, savings worth more than \$2,700 annually for a family of four. A core military family support element and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



# APRIL

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## Attention Golfers!!!

Your Selfridge Golf Course is now open from 7 a.m. until Dusk seven days a week (weather permitting).

Starting May 1, the Golf Course will be open from 6 a.m. until Dusk all week long (weather permitting).

Mulligan's will begin summer hours on May 15. You can then enjoy lunch or dinner from 11 a.m. until 9 p.m. It's a great place to eat after playing 9 or 18 holes of golf!

Call (586) 307-GOLF (4653) for the Golf Course, or (586) 307-BEER (2337) for Mulligan's.



### April 1-30

- Month of the Military Child. Call (586) 307-5366 for more information on this month's events.

### April 1-30

- Child Abuse Awareness Month. Call (586) 307-5611 for more information.

### April 1 until October 31

- Five Flags Campground is open with full hook up.  
 - Now accepting Top 4 Picnic Area reservations.  
 - Summer Equipment Rentals are now available.  
 - Private berthing marina is now open for the season.  
 - Boater safety certification is available and required to rent any of the boats at the Outdoor Recreation Center.  
 Call (586) 307-5499 for information on these programs.

### April 1

- Youth Sports Baseball/Softball Pre-registration Day Special 4-7 p.m. Save \$5!  
 - Youth Sports Summer Sports registration begins today. Sign up for baseball, girl's softball, t-ball, track & field. Season begins May 23.  
 Call (586) 307-5530 for information on these programs.

### April 4, 11, 18, and 25

Club Beyond JV (6th-8th grade) begins at 7:07 p.m. in the Base Chapel. Call (586) 307-4193 for more information.

### April 6

Youth Sports Pepsi Pitch, Hit, & Run competition, 5:30-6:30 p.m., Bldg 780 sports fields. Call (586) 307-5530 for more information.

### April 7

Newcomers Orientation, 8:30 a.m. - 12 Noon, Bldg 780, Room 106. Free Continental breakfast. Call (586) 307-5949 to register. Child care available (must be pre-registered with Child & Youth Services).

### April 7, 14, and 21

Club Beyond HS (9th-12th grade) begins at 7:07 p.m. in the Base Chapel. Call (586) 307-4193 for information.

### April 8-9

Club Beyond "Acquire the Fire" program. Call (586) 307-4193 for information.

# EVENTS



## April 10

Month of the Military Child Bowling Special. All military children bowl for FREE! Call (586) 307-5941 for more information.

## April 11

Club Beyond Movie Night, 6 p.m., Base Chapel. Families are welcome. Featuring "Invisible Enemies." Call (586) 307-4020.

## April 13

Selfridge Spouse Club luncheon, 11:30 a.m., \$9, Mulligan's. Call (586) 465-5003 for more information.

## April 15

Euchre Night at Mulligan's, 7 p.m., \$5 per person. Call (586) 307-2337 for more information.

## April 17-23

National Volunteer Week. Call (586) 307-2923 for more information.

## April 19

Parent Advisory Council (PAC) Meeting, 6:30 p.m. Call (586) 307-2008 for more information.

## April 21

Smooth Moves & Financial Planning for Relocation briefings. Call (586) 307-5949 for more information.

## April 21

Volunteer Recognition Ceremony. Call (586) 307-5949 for more information.

## April 23

FREE Golf Clinic for all military children ages 7-17, 10 a.m. - 12 Noon. Call (586) 307-4344 for more information.

## April 24

Golf Course Opening Scramble, Breakfast at 8 a.m., Shotgun start at 9 a.m. Call (586) 307-4344 for more information.

## April 24

Club Beyond Dodge Ball, Sports Center, 6 p.m. Call (586) 307-4020 for more information.

## April 27

Administrative Professionals Day lunch buffet. Admin Profs get 50% off at Mulligan's! Call (586) 307-2337 for more information.

## April 28

Buy Big and Save Case Lot Sale at the Commissary. Call (586) 307-5554 for more information.

## April 28

Club Beyond International Comedy with Mat Gauthier. Call (586) 307-4020 for more information.

**Beginning April 18th!**  
**We Proudly Brew**  
**STARBUCKS COFFEE**



**at the TACOM Cafeteria  
in Bldg 229!**  
**That's right!**

**The TACOM Cafeteria will  
begin serving your hot,  
delicious Starbucks Coffee  
on April 18. Stop by in the  
basement of Bldg 229 for a  
hot cup of java before  
beginning the work day. It  
will be the pick-me-up you  
need to get your day off to a  
good start.**



## Learn to play Golf!!!



**Selfridge Golf Course is offering both beginner's and  
intermediate Group Clinics starting in April**

**Clinics will be four-one hour lessons**  
**Classes will be taught by qualified PGA trained staff**  
**Clinic cost is \$ 75.00 per student (maximum, 7 per instructor)**  
**Cost includes materials, balls, and rental clubs if needed**

### Clinic Dates and Times

**Tuesday, 6 p.m. on April 19, 26, May 3, 10**  
**Tuesday, 7 p.m. on April 19, 26, May 3, 10**  
**Wednesday, 6 p.m. on April 20, 27, May 4, 11**  
**Thursday, 6 p.m. on April 21, 28, May 5, 12**

**To register, contact the Golf Shop at (586) 307-GOLF (4653).**



# Selfridge Volunteers to be Honored in Annual Ceremony

By Lori Grein, Volunteer Corps Coordinator

The 32nd annual National Volunteer Week will be celebrated April 17-23. The theme for this year is "Inspire By Example," because it truly reflects the power volunteers have to inspire the people they help, as well as, others to serve!

For the past 15 years, the U.S. Army Garrison-Michigan has been honoring its volunteers with a recognition ceremony held during National Volunteer Week.

This year, the family-oriented ceremony will be held on Thursday, April 21, from 5-7:30 in the evening, at the Vandenberg Community Center, located on Selfridge Air National Guard Base. All honorees are treated to a buffet of hors d'oeuvres and will be awarded a custom engraved 100% pewter hanging ornament. The President's Volunteer Service Award will also be awarded to eligible volunteers, based on the amount of hours dedicated

to service. Included in the President's Volunteer Service Award is a signed letter from President George W. Bush, a certificate of appreciation, and a President's Service Award lapel pin.

The U.S. Army Garrison-Michigan salutes its volunteers. Through their dedicated efforts, service, and giving spirit, they are working to strengthen our community and our country. Thank you Volunteers of 2004!

## We Can Help YOU Avoid a Stroke in Just 10 Minutes

By Anna Samulski, Employee Assistance Center

Stroke is America's 3rd leading killer. It is also the #1 cause of nursing home admission. Unfortunately, half of all stroke victims have no warning signs before stroke occurs.

The Employee Assistance Center hosts Life Line Screening at:

*U.S. Army Tank-automotive & Armaments Command on Tuesday, April 19 and U.S. Army Garrison-Michigan (Selfridge ANGB) on Wednesday, April 20*

Pre-registration is required. Please call (800) 697-9693 to register.

Life Line is America's leading provider of quality health screenings. These tests quickly detect arterial abnormalities which can cause disrupted blood flow. Testing is non-invasive, completely painless and uses Doppler ultrasound technology.

Life Line will offer four different screening sessions each day. They are:

1. Stroke Screening/Carotid Artery. This screens the carotid in the neck for plaque buildup which is the #1 cause of stroke linked to carotid artery blockage. Cost: \$45.

2. Abdominal Aortic Aneurysm. This screens for the existence of an aneurysm in the abdominal aorta. The vast majority of people who have an aneurysm have no symptoms. Cost: \$45.

3. Peripheral Arterial Disease. Plaque buildup in the lower extremities is linked to coronary artery disease. Cost: \$45.

4. Osteoporosis. Screens for abnormal bone mass density in men and women. Osteoporosis is silent and painless in its early stages. Cost: \$35

Anyone who desires to go through all four screenings will pay \$129, a savings of \$41. All three vascular screenings (numbers 1, 2, and 3 above) will cost \$109, a savings of \$16.

Call and schedule your appointment. If you pay by phone, Mastercard, Visa, and

American Express are acceptable. Payment by credit card is not possible at the actual event. Testing results will be mailed to your home in 21 days.

Life Line Screening does not file insurance claims.

## Selfridge 2005 AER Campaign Continues

By Nancy Zajdel, AER Officer

Army Emergency Relief has been in existence since 1942 to assist soldiers and their families with emergency financial needs. Last year the AER Section at Selfridge assisted 146 military service members and their families with emergency assistance. We had a 24.7% increase in cases from the previous year and gave out over \$104,500. The leading requests were for vehicle repairs and assistance with rent. With the deployment of our Michigan National Guard and Reserve units we anticipate an even larger increase in our caseload.

Army Emergency Relief conducts an annual campaign to solicit donations from anyone in the Army (active-duty soldiers, National Guard, Reserve, and retirees). Reader's Digest 2003 article names AER "one of the best charities to trust with your donated dollars."

The Annual Campaign Kickoff was conducted on March 1 at Vandenberg Conference Center. We officially began the Campaign by setting a goal of \$7,500. The year's campaign runs until April 15. Please help support this worthwhile effort to help the Army take care of its own.

Unit commanders have appointed a Key

Person within their Unit to collect contributions for the Campaign. If you wish to make a contribution, please contact your Unit Key Person:

HQ TACOM-SSG Dyer (586) 574-5611  
75th EOD-SFC Dunn (586) 307-5168  
2/337th, 3rd Bde, 85th Div-MAJ Mack (586) 307-4200

Retiree Affairs Office-SSgt (Ret) Melms (586) 307-5580

If your unit is not identified above or you need more information, please call Army Emergency Relief at (586) 307-4514 or send an e-mail to [aer@tacom.army.mil](mailto:aer@tacom.army.mil).

### THE SENTINEL ONE TEAM...ONE VOICE

Commander.....LTC Kevin J. Austin  
MWR Director.....Frankie Stull  
Layout/Design.....Joe Stockslager

*Please submit all articles and community information to the MWR Marketing Office at least 45 days prior to allow time for adequate advertising. The MWR Marketing Office is located in Rm 4, Bldg. 780, Selfridge ANGB. Call (586) 307-4159/5404 for hours of operation and more information. Commercial advertising in this publication is not endorsed by any portion of U.S. Army Garrison-Michigan, the Department of the Army, or the United States Government.*



## Commissary Holds Head Bagger Elections

By Bill Roger, Commissary Store Director

The Selfridge ANGB Commissary Head Bagger elections were held on February 18. The Head Bagger and Assistant Head Bagger elected were Mrs. Anna Perdue and Mr. Jack Gibboney. The baggers working at the commissary by majority vote elect the Head Bagger and Assistant Head Bagger. Anna Perdue has been bagging at the Selfridge Commissary for 9½ years and Mr. Gibboney for 4 years.

Historically, baggers have been present in military commissaries since the mid 1950s. Baggers are self-employed persons who have the permission of the Installation Commander to solicit Commissary customers to bag and carry out their groceries in return for a tip. Baggers are not employees of the Defense Commissary Agency (DeCA), the U.S. Government, or the installation.

DeCA requires that head baggers be elected in each commissary worldwide every year in February by majority vote of the baggers. By virtue of the election, the elected Head Bagger is empowered to schedule baggers for work, train

baggers, and exercise basic disciplinary control over the group of baggers and to be responsive to store management for the day-to-day operation of the local bagger program.

The Head Bagger ensures the

Commander's and DeCA's interest in customer service, safety, security, good order, and discipline are well projected by efficient, effective, and courteous bagger and carryout services to our customers.



Mr. Bill Roger, Commissary Director, left, LTC Kevin Austin, USAG-MI Commander, and SGM David Austin, USAG-MI SGM, right, present USAG-MI coins to Mrs. Anna Perdue, center, and Mr. Jack Gibboney. Mrs. Perdue and Mr. Gibboney were elected as the Commissary's Head Bagger and Assistant Head Bagger, respectively.



Mr. Bill Roger, Commissary Director, is presented a Certificate of Appreciation from LTC Kevin Austin, left, and SGM David Austin, right, to thank the Commissary for support it has provided to the Garrison.



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## Exceptional Family Member Program Explained

By Michele Thomas, EFMP Manager

*What is the Exceptional Family Member Program (EFMP)?*

The Exceptional Family Member Program is a mandatory program designed to identify family members with long term health care or special education needs. The program does the following:

- Assists the service member in identifying available services at their next assignment.
- Confirms the availability of medical and educational support at overseas locations.

· Identifies those who require assignment within major medical areas.

· Identifies those who are eligible for voluntary homesteading.

The Exceptional Family Member Program is designed to provide assistance to active-duty personnel with family member(s) who have special needs. An exceptional family member is an authorized family member (spouse, child, stepchild, adopted child, foster child, or a dependent parent) residing with the

sponsor who may require special medical or educational services based upon a diagnosed physical, intellectual, or emotional need. This includes *Asthma, Cerebral Palsy, Mental Retardation, Dyslexia, ADD, ADHD, Autism, Oppositional Defiant Disorder or Depression*. Disabilities may range from mild to severe.

How can EFMP help you and your family?

\*Representation at Individual Education Planning (IEP) Meetings

\*Coordination of Special Housing requirements or needs

\*Enrollment Assistance and Referrals for Screening/Evaluations

\*Professional Advocacy for your family

*For questions or enrollment information, contact:*

Michele Thomas

Exceptional Family Member Program  
Manager

Bldg. 780, Room 11, SANGB, MI  
48045

(586) 307-2010

[ThomasJo@tacom.army.mil](mailto:ThomasJo@tacom.army.mil)

## Selfridge Offers Services to Veterans

By Anna Samulski, Employee Assistance Center

There are now two extra special benefits for veterans right here at Selfridge. A Macomb County Department of Veteran Services Benefits Representative visits Selfridge every Tuesday from 9 a.m. until 3 p.m. The representative assists veterans and their dependents in filing VA claims. Appointments are not required. Call (586) 469-5315 for more information.

The U.S. Department of Veterans Affairs Outreach Counselor is available every Wednesday from 8 a.m. until 3:30 p.m. and provides counseling for combat-related stress and post-traumatic stress to combat theatre veterans. Appointments

are preferred but not necessary. Call (313) 278-1428 for more information.

Both representatives are now located in Bldg. 780, Room 16.

In addition to these, a State of Michigan Veterans' Employment Representative is available every Wednesday from 8 a.m. until 4:30 p.m. in Room 11 and provides job placement assistance to veterans. Appointments are not required but always welcome. To schedule a Wednesday appointment, call (586) 307-4258. To schedule an appointment for any day other than Wednesday or for more information, please call (586) 469-7702.

## Area Women to Walk 60 Miles to Support Breast Cancer Research

Almost 200,000 women will be diagnosed with breast cancer this year alone. One out of every nine women will develop breast cancer in their lifetime. Every woman is at risk, and more than one million women in America are already living with the disease undetected. In January 1996, Selfridge resident Donna Keeton learned that her mother was diagnosed with breast cancer. Proudly, she is a survivor, but there are so many who are not so fortunate.

On July 15-17, Donna and her sister, along with thousands of women and men, will unite for three days and walk 60 miles in a bold display of courage and commitment. It's a weekend of hope, as it will honor lives lost, celebrate survivors, promote breast cancer research, and help bring breast cancer care to those who so desperately need it.

Each walker commits to raising \$2,100 to participate in this walk and net proceeds benefit the Susan G. Komen Breast Cancer Foundation to fund breast cancer research, education, screening and treatment programs, as well as the National Philanthropic Trust Breast Cancer Fund, which provides an endowment for breast cancer initiatives.

On April 16, Donna, along with the help of Lisa Priebe, a Creative Memories Consultant, will be hosting a 12-hour scrapbooking crop to benefit the Breast Cancer 3-Day Walk. The crop will be held at Naldrett Elementary from 9 a.m. to 9 p.m. and scrapbookers will have the option of attending for all twelve hours or for six hours. Cost of the event is \$35 for the full day and \$20 for half day.

If you would like more information

about attending the scrapbook fundraiser, please contact Donna at (586) 948-3330 or by emailing her at [keetoncorp@aol.com](mailto:keetoncorp@aol.com). If you would like to participate in the Breast Cancer 3-Day walk or simply make a donation, please visit the website at [www.the3day.org](http://www.the3day.org).

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*For questions contact Lisa Edwards at (586)725-5148 or [info@anchorbaychamber.com](mailto:info@anchorbaychamber.com)*



## Retain your rank and retirement benefits.

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**N. Michigan Ski Area Rental Home** - rent The Round House for weekend ski vacations near Boyne Highlands and Nubs Knob. A spacious 4 bedroom house in Birchwood Farms G&CC, Harbor Springs, MI. Visit [www.roundhouserental.com](http://www.roundhouserental.com) for rates and availability or call (586) 939-3749/(313) 331-6145 or email: [mlhartma@umich.edu](mailto:mlhartma@umich.edu) or [ostrowsdan@comcast.net](mailto:ostrowsdan@comcast.net).

**Kat's Chocolate Fountains** - "Unique, Exquisite and Delectable." Let us appeal to your Sense of Taste! All occasions. Call for details (586) 909-8444.

**HELP WANTED!!** Experienced Barber needed for the Selfridge Barber Shop, Bldg. 700. For more information, please contact Rigo at (586) 954-3497.

**EMPLOYMENT OPPORTUNITIES** - U.S. Army Garrison-Michigan MWR job listings - [www.selfridge.army.mil](http://www.selfridge.army.mil). Call the NAF Personnel Office at (586) 307-5701 for more information. For Army Civilian Employment Vacancy Announcements throughout MI, go to <http://cpol.army.mil>.



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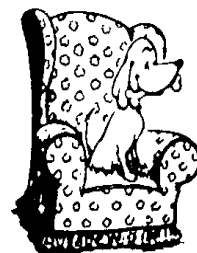
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